

Incorporating Health and Physical Education

1. Develop a diet for a particular person that utilizes best available information.
2. Design and implement a personal wellness program.
3. Design a research supported wellness program that is custom tailored for a relative. In your plan, address fitness, exercise, nutrition, and motivation.
4. Create a presentation about the correlation between employee fitness to job performance, absenteeism, and emotional stability. Present your findings to the appropriate audience, being sure to include viable recommendations and plans for a healthier work environment.
5. Create a public service video that promotes positive behavioral choices concerning drugs, alcohol, and / or tobacco.
6. Investigate an important health issue and evaluate its impact on members of your community. (e.g., contamination of the city water supply)